

MILITARY & VETERANS SECTOR UPDATE

CORONAVIRUS
DISEASE 2019 (COVID-19)

FRIDAY, APRIL 9, 2021



Thank you to everyone who was able to join us for this week's telebriefing for military, veterans, and their families!

TELEBRIEFING SCHEDULE UPDATE:

Our telebriefings will now take place every second and fourth Thursday of the month.

Make sure you join us **Thursday, April 22nd from 10 - 11 AM** for another online forum and Q&A. To submit your questions in advance, [click here](#).

Special Thanks to our April 8th Telebriefing Guest:



Matt Feldhaus
Director of Field Operations
Headstrong
West Coast

County Resources for Military & Veterans



Visit our [County site for Military/Veterans/Families and Serving Organizations](#)

General COVID-19 Frequently Asked Questions – [Click here](#)

Military and Veterans-Specific Frequently Asked Questions – [Click here](#)

Benefit Information & Assistance and Other Professional Services for Military Veterans and Dependents – [Click here](#)

In Case You Missed It...



Headstrong was developed by veterans and clinicians for veterans and actively serving members. Headstrong's pioneering model provides veterans, actively serving military members, and their families unparalleled access to evidence-based mental health care.

Rather than establish brick and mortar

institutions, they bring care to clients using a national network of 250 private practice clinicians across the country. The organization's innovative, replicable model reaches outside of city centers to serve veterans who live in rural or isolate communities, have limited income, or face insufficient access to VA facilities, and/or lack adequate insurance to pay for private providers. Using the most effective evidence-based treatment modalities, clinicians treat veterans suffering from PTSD, anxiety, depression, complicated grief, and military sexual trauma. Clients receive timely treatment from exceptional private practice therapists in or near the communities where they live. Mental health care is not time bound and is tailored to the unique needs of each individual client utilizing evidence-based modalities. Care is trauma-informed and culturally appropriate; it is provided at no cost and with no limit to the number of sessions. To learn more about Headstrong and the services they offer, [click here](#).

Events and Announcements

Courage to Call is hosting another drive-thru food distribution event at 10 a.m. on Saturday, April 10 at 9445 Farnham St., San Diego, 92123. Food is distributed on a first come, first serve basis. No RSVP Required, but please bring your Military/Veteran ID.

SDVC Monthly Meeting active duty military, veteran's and their families are invited to attend the San Diego Veteran's Coalition's next monthly meeting at 8:30 a.m. on Friday, April 2. For details, visit sdvetscoalition.org.

Wellness Wednesday is a virtual event hosted by Courage to Call to teach military members, veterans, and their families about wellness topics and helpful resources every Wednesday at 4:00 p.m. To participate in Wellness Wednesday, visit the [Courage to Call Facebook page](#) and join through Facebook Live.

North County Veterans Stand Down is a four-day event that enables homeless veterans to receive much-needed services in a safe, friendly, drug-free and secure environment. It will now be held on September 16-19, 2021. For details, visit NCStandDown.org.

What's Changing When County Moves to Orange Tier

The County moved into the Orange Tier of the state's COVID-19 prevention framework on Wednesday, April 7, further easing restrictions and allowing more indoor activities.

To qualify for the Orange Tier, a region must have a case rate between 2 and 5.9 cases per every 100,000 residents. The County's case rate is now 5.8 cases per every 100,000 residents.

Here are some of the activities now allowed under the Orange Tier:

- **Restaurants:** Indoor seating increases to 50% capacity or 200 people maximum. The 10 p.m. to 5 a.m. curfew is also ending
- **Gyms and Fitness Centers:** 25% capacity indoors; indoor pools can open
- **Wineries and Breweries:** 25% or 100 people indoor maximum
- **Movie Theaters:** 50% or 200 people maximum
- **Museums, Zoos, and Aquariums:** 50% capacity for indoor activities
- **Places of Worship:** 50% capacity indoor activities
- **Bars with no food service:** Open outdoors with modifications
- **All retail:** No capacity limits

To read the full County News Center story, [click here](#). To view a complete list of restrictions that will end April 15, [click here](#). To learn more about COVID-19 and the County's detailed data summaries, [click here](#).

Dependents Can Now Get Vaccinated at Naval Hospital Camp Pendleton

Naval Hospital Camp Pendleton (NHCP) is offering the Pfizer vaccine to all TRICARE eligible beneficiaries ages 16 and older. No appointment required. Patients must be TRICARE beneficiaries or GS/Contract Government employees on Marine Corps Base Camp Pendleton and associated locations. NHCP is open Monday thru Thursday from 8:00 a.m. to 6:00 p.m. and Friday from 8:00 a.m. to 4:00 p.m.

Please bring your government ID. Appointments will be made for your second dose. For more information, [click here](#) or call Camp Pendleton Naval Hospital Quarterdeck at (760) 725-4357.

COVID-19 Funeral Assistance

The COVID-19 pandemic has brought overwhelming grief to many families, and FEMA will provide financial assistance for COVID-19-related funeral expenses incurred after January 20, 2020. FEMA will begin to implement COVID-19 funeral assistance in April. Additional guidance is being finalized and will be released to potential applicants and community partners as soon as possible. In the meantime, people who have COVID-19 funeral expenses are encouraged to keep and gather documentation. For more information on FEMA's COVID-19 Funeral Assistance, [click here](#).

Early Treatment for COVID-19 is Available at the Monoclonal Antibody Regional Center (MARC)

Monoclonal antibody treatment is available for persons with mild or moderate COVID-19 whose symptoms developed within the last 10 days and are at high risk of getting very sick from COVID-19. It is recommended to receive the potentially lifesaving treatment within 72 hours of when COVID-19 symptoms begin. The Monoclonal Antibody Regional Center (MARC) in Escondido is open 7 days a week to treat all persons for free who are medically eligible, regardless of health insurance or immigration status. **If you are 65 years of age or older and think you qualify, call (619) 685-2500. If you are younger than 65 years old, talk to your doctor** to see if you are medically eligible for this treatment and to receive a referral. To check if you are medically eligible for MARC treatment, [click here](#). For questions, e-mail COVIDtreatment@sdcounty.ca.gov

Free MTS and NCTD Rides to Vaccination Appointments

MTS and NCTD are offering free rides for everyone in the region who needs a lift to their vaccine appointment. Ride any bus, trolley, SPRINTER or COASTER for free with proof of vaccine appointment. [Click here](#) to view MTS's transit trip planner with vaccine sites to help residents get to their appointments. For more information, visit the [MTS website](#).

Mental Health Resources

Courage To Call. Every day, current and former service members and their families deal with the complex maze of issues that accompanies military life. Often times the most difficult problem is not knowing where to turn when you need help. Courage to Call is a free, confidential, veteran-staffed, 24/7 helpline dedicated to assisting active duty military personnel, veterans, reservists, guard members, and their families, regardless of discharge status. For more information or to chat with a veteran, visit www.courage2call.org, or call 1-877-698-7838, or 2-1-1.

The County's Access and Crisis Line (ACL) is confidential, toll-free, and available 24/7. If you or someone you care about is experiencing a suicidal or mental health crisis, please call 1-888-724-7240.

VA Veteran Suicide Prevention and Crisis Line, 1-800-273-8255 and Press 1 to talk to someone, or Send a text message to 838255 to connect with a VA responder.

The National Suicide Prevention Lifeline, 1-800-273-8255, provides 24/7, free and confidential support for people in distress, and prevention and crisis resources for you or your loved ones.

More resources to help you manage mental health and cope during the COVID-19 pandemic can be found [here](#).



Additional County of San Diego COVID-19 telebriefings are available throughout the week (via Zoom) for a variety of community sectors. For information, updates, and Q&A with other sectors, view the full telebriefing schedule [here](#).

COVID-19 Resources



To request English or Spanish posters for your installation, please e-mail COVID-Military-Veterans@sdcounty.ca.gov with your contact information, drop-off location, and delivery instructions. A member of our Outreach & Education Team will contact you to coordinate delivery and obtain any additional details (if necessary).

Additional resources and materials are available [here](#) for your use.

If you work or reside at a skilled nursing or long-term care facility and have not yet been contacted to schedule your COVID-19 vaccine appointment, please send an e-mail to COVID-HealthcareStatus@sdcounty.ca.gov

Continue to Stay Informed



[County Coronavirus Website](#)



[Resources for Military,
Veteran's & their Families](#)



[Resources & Materials](#)



[Testing Information](#)

